

Gambaran Tingkat Kecemasan, Perilaku Self-Harm, dan Mekanisme Koping Mahasiswa yang Menjalani Objective Structured Clinical Examination = The Overview of Anxiety Levels, Self-Harm Behavior, and Coping Mechanisms of Regular College Students Undergoing Objective Structured Clinical Examination

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Abstrak

Ujian Objective Structured Clinical Examination (OSCE) merupakan ujian yang dapat menyebabkan kecemasan bagi mahasiswa kesehatan. Individu berupaya dalam menangani stressor dan salah satu bentuk maladaptifnya adalah perilaku self-harm yang merupakan upaya menyakiti diri sendiri. Penanganan stressor dapat adaptif bila menggunakan mekanisme koping yang cocok dengan individu. Penelitian ini bertujuan untuk mengetahui tingkat kecemasan, perilaku self-harm, dan mekanisme koping mahasiswa yang menjalani OSCE. Desain penelitian deskriptif kuantitatif. Sampel penelitian 107 responden (52 responden angkatan 2019 dan 55 responden angkatan 2020), dengan teknik proportional sampling. Instrumen yang digunakan Hamilton Anxiety Rating Scale (HAM-A/HARS), Self-Harm Inventory (SHI), dan Brief COPE Scale. Analisis univariat dengan hasil penelitian menunjukkan bahwa tingkat kecemasan ringan (51%), perilaku self-harm rendah (79%) dengan memukul diri sendiri (38,31%), dan mekanisme koping sedang dengan jenis problem-focused paling banyak digunakan (72%). Saran dari penelitian ini adalah promosi kesehatan mengenai tingkat kecemasan, perilaku self-harm, dan mekanisme koping serta bagaimana solusinya.

.....The Objective Structured Clinical Examination (OSCE) is an exam which can cause anxiety for health students. Students are trying to deal with stressors and self-harm behavior is one of the maladaptive forms, which is defined as an attempt to hurt themselves. The coping mechanism students using to handle stressor can adaptive if it matches for each individual. This study aims to see the characteristics of respondents and the overview of the level of anxiety, self-harm behavior, and student coping mechanisms during OSCE. This research is quantitative descriptive. The research sample consisted of 107 FIK UI students consisting of 52 respondents from class of 2019 and 55 respondents from class of 2020 with a proportional sampling technique. The instruments used are the Hamilton Anxiety Rating Scale (HAM-A/HARS), the Self-Harm Inventory (SHI), and the Brief COPE Scale. This study uses univariate analysis with the results showed that students experienced mild levels of anxiety (51%), low self-harm behavior (79%), and moderate use of problem-focused coping mechanisms (72%). The main suggestion of this research is health promotion regarding anxiety levels, self-harm behavior, and coping mechanisms and how to solve them.